

Legnala Dana

Origin: Macedonia

Source: Olga Veloff Sandolowich

Music: 7/8 (slow, quick, quick) (1, 2, 3)

Formation: dancers in an open circle, hand joined and held in "W" position. Face and travel CCW.

Introduction: dance begins with the vocal music.

<u>Measures</u> :	<u>Counts</u> :	<u>Pattern</u> :
1	1	Step on R foot
	2, 3	Step on L foot.
2	1	Step on R foot
	2, 3	Lift the L foot to the R calf with toe pointing to the floor and bounce twice on R foot.
3	1	Step on L foot
	2	Step on R foot
	3	Step on L foot.
4	1	Face centre and step on R foot
	2, 3	Lift L knee in front of R leg and bounce twice on R foot.
5	1	Still facing centre, step sideways L onto L foot
	2, 3	Step on R foot crossing behind L foot and bending both knees slightly (keep back straight).
6	1	Step to the left on the L foot
	2, 3	Raise R knee in front of L and bounce twice on L foot.
7	1	Step on R foot forward in front of L foot
	2	Step on L foot in place.
	3	Step on R foot in place and beside L foot.
8	1, 2, 3	Repeat measure 7 with reverse footwork.

Presented by Dale Hyde

UK Tour March 2017

Lyrics for Legnala Dana

Legnala Dana zaspala, lele Boze, Vo edna mala gradina, Pod edno drvo maslinka.	Dana lay down and fell asleep, oh Lord, in a small garden, Under an olive tree.
Poduvna veter od more, lele Boze, Otkrsi granka maslinka, Udri mi Dana po lice.	Blew the wind from the sea, oh Lord, broke an olive twig. It hit Dana in the face.
Vikna mi Dana, zaplace, lele Boze, Of lele le le do Boga, Sto bev si kratko, zaspala, lele Boze, I sladok son si sonuva.	Cried out Dana, began to cry, oh Lord, oh, oh, oh, God, what – I had just fallen asleep, oh Lord, And a sweet dream was dreaming.
Na son dojdaja tri ludi, lele Boze, Tri ludi, tri adzarii. Prvi mi dade zlat prsten, lele Boze, Drugi mi dade jabolko, Treki me mene celuna.	In the dream came three people, oh Lord, Three people, three lads. The first gave me a gold ring, oh Lord, the second gave me an apple, The third kissed me.
Toj sto mi dade zlat prsten, lele Boze, Niz nego da se provira. Toj sto mi dade jablko, lele Boze, Zelen da bide do droba. Toj sto me mene celuna, lele Boze, So nego da se vekuva !	He that gave me a gold ring, oh Lord, Through it may crawl. He that gave me an apple, oh Lord, Green may be unto the grave. He that kissed me, oh Lord, with him to be forever !